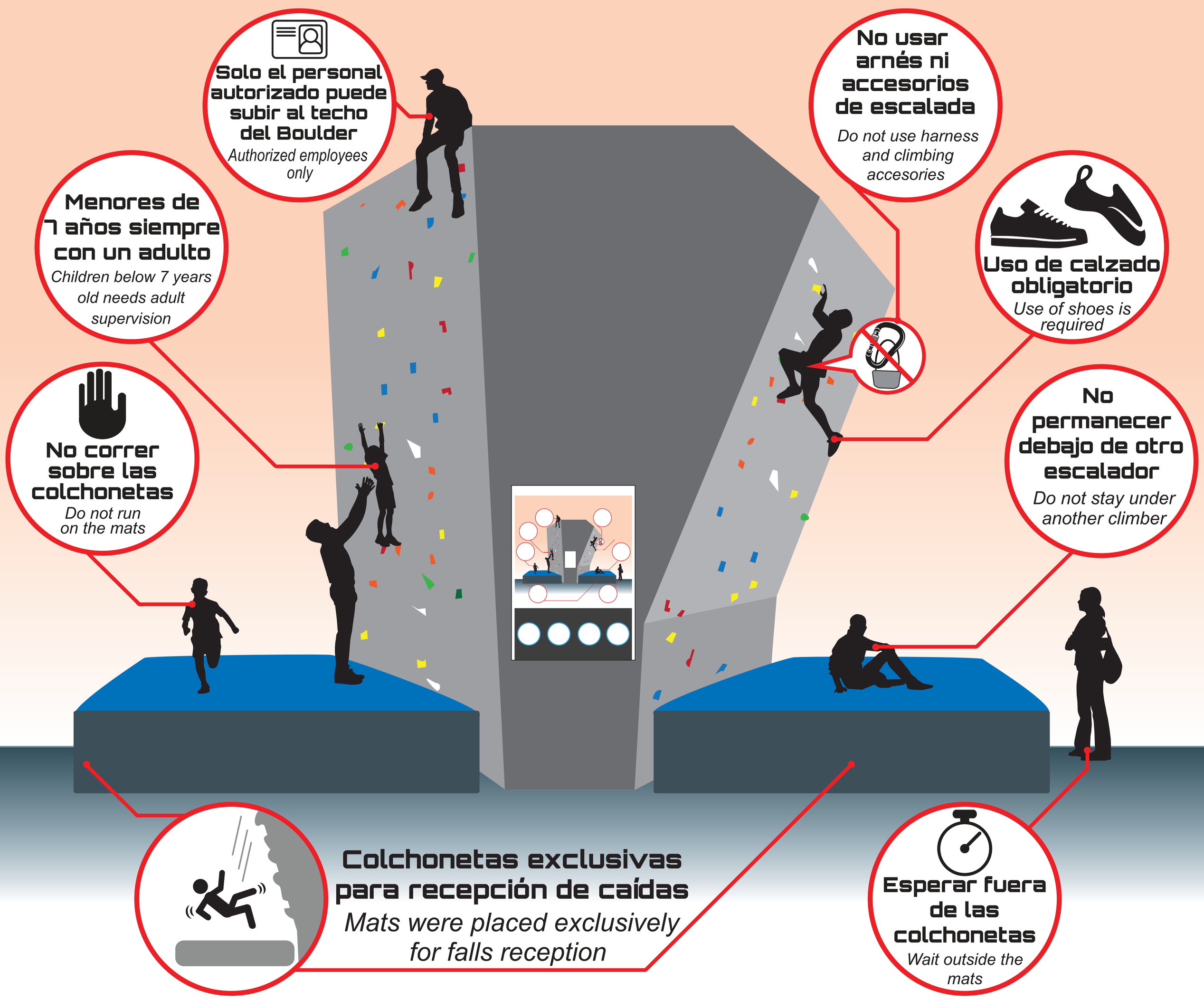
# REGLAMENTO BOULDER

*BOULDER REGULATIONS*




## ¿CÓMO BAJAR DEL BOULDER?

*How to descend from the boulder ?*

**1. Descender a la mitad**

*Descend to the middle of the wall*

**2. Extender el cuerpo y luego soltar tomas**

*Extend your body and then let go of hands*

**3. Flectar piernas**

*Flex your legs*

**4.Dejar caer el peso sobre la espalda**

*Drop your weight on your back*